Proposed Synopsis for Ph.D. Pre-registration Seminar

Impact of Social Media on Mental Issues among Santhal Tribe Youth in East Singhbhum

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1.0 Introduction

1.1 State of the Art

This study examines the impact of social media on mental issues—specifically stress, anxiety, and depression—among Santhal tribe youth in East Singhbhum, Jharkhand. While social media offers benefits like information access and connectivity, it also presents challenges such as low self-esteem, dependency, and social isolation. Santhal youth, balancing modernization with traditional values, may be particularly susceptible to these challenges. By analyzing factors like gender, education level, and place of residence, this research aims to understand how social media influences their mental well-being, providing valuable insights into their unique experiences and challenges.

Conceptual framework of the study

1.2.1 Concept of Social Media

Social media refers to a group of internet-based platforms that enable users to create, share, and engage with content in real time, fostering communication and collaboration across geographic and cultural boundaries (Kaplan & Haenlein, 2010). These platforms, such as Facebook, Instagram, Twitter, and WhatsApp, have revolutionized how individuals interact, access information, and form social networks. Social media serves as a dynamic space for self-expression, relationship building, and knowledge exchange, but it also presents challenges like information overload, online addiction, and privacy concerns (Boyd & Ellison, 2007). The concept of social media is rooted in the idea of participatory culture, where users are not mere consumers but also active contributors to digital communities (Jenkins, 2006). Its interactive nature allows for instant feedback and collaboration, fostering a sense of belonging but also creating pressure for constant engagement and validation. Factors such as accessibility, ease of use, and the ability to connect with diverse audiences have made social media integral to modern life, particularly among youth. However, its impact is shaped by individual, social, and cultural

factors, with both positive and negative consequences for mental health and well-being (Ellison et al., 2007).

Types of Social Media

1. **Social Networking Sites**: Platforms like Facebook, LinkedIn, and Twitter that allow users to connect, communicate, and share content.
2. **Media Sharing Platforms**: Sites like Instagram, YouTube, and TikTok that focus on sharing photos, videos, and other media.
3. **Discussion Forums**: Platforms like Reddit and Quora that enable users to discuss topics, ask questions, and share opinions.
4. **Blogging and Publishing Platforms**: Sites like WordPress, Medium, and Tumblr for creating and sharing written content.
5. **Messaging Apps**: Apps like WhatsApp, Messenger, and Telegram designed for instant communication.
6. **Collaboration Platforms**: Tools like Slack and Microsoft Teams for teamwork and professional collaboration.
7. **E-Commerce and Review Platforms**: Platforms like Amazon, Yelp, and TripAdvisor that combine social interaction with shopping or reviews.
8. **Virtual Worlds and Gaming Platforms**: Environments like Second Life or Twitch that support immersive interactions and community gaming.
9. **Live Streaming Platforms**: Platforms like Twitch, Facebook Live, and YouTube Live for broadcasting real-time content.
10. **Interest-Based Communities**: Apps like Pinterest and Goodreads focusing on specific hobbies or interests.

Social Media Usage and Its Psychological Impact

Social media, while offering benefits like connectivity and information sharing, is increasingly linked to negative mental health outcomes such as stress, anxiety, and depression (Kuss & Griffiths, 2017). Platforms like Facebook and Instagram encourage constant social comparison and validation-seeking, contributing to low self-esteem and feelings of inadequacy (Fardouly et

al., 2015). Personality traits, loneliness, and social isolation often drive excessive use, making individuals more vulnerable to psychological distress (Przybylski et al., 2013). For youth, social media serves as both a tool for connection and a potential source of emotional strain, emphasizing the need to understand its psychological impact comprehensively.

1.2.2 Mental Issues

Mental issues refer to a spectrum of mental health conditions that impact an individual's cognition, emotions, and behaviors, potentially hindering daily functioning and overall quality of life (American Psychiatric Association). Among Santhal tribe youth in East Singhbhum, Jharkhand, these issues are influenced by distinct cultural, social, and economic factors, including limited access to mental health services, cultural stigma surrounding mental health, and the challenges of reconciling traditional values with modern societal demands. Social media introduces a complex dynamic, offering avenue for support and connection while also contributing to challenges such as increased stress and anxiety (Kuss & Griffiths, 2017). Addressing mental issues in this context requires a comprehensive approach that considers emotional, cognitive, and social well-being, as well as resilience and personal growth. For these youth, mental health is deeply intertwined with their identity, cultural practices, and community relationships, necessitating culturally sensitive strategies to promote well-being.

Common Mental Issues

1. **Anxiety**

APA (2013) an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns and may avoid certain situations out of worry.

Physical Signs of Anxiety

- Rapid or irregular heartbeat (heart palpitations)
- A dry sensation in the mouth along with trouble swallowing
- Lightheadedness or a feeling of dizziness

- Weak or unstable legs, as if they are "jelly-like"
- Discomfort or churning sensations in the stomach, often accompanied by pain
- Noticeable trembling or shakiness, particularly in the hands and arms
- Tingling or numbness in different parts of the body
- Excessive sweating, feelings of heat, or sudden flushing
- Tight or constricted chest muscles leading to difficulty breathing

Psychological Symptoms of Anxiety

- Experiencing intense fear or nervousness
- Having a sensation of losing control or "going crazy"
- Feeling as though a heart attack might occur
- A sense of being overwhelmed or unable to manage the situation
- Persistent feelings of unease or apprehension

Behavioral Symptoms of Anxiety

- Making excuses to avoid certain tasks or responsibilities
- Choosing to shop during less busy hours or at smaller stores to avoid large crowds
- Steering clear of places or situations that trigger stress or discomfort
- Withdrawing from conversations or refraining from participating in activities
- Avoiding social interactions or communication with others
- Hesitating to go out alone and preferring to have someone accompany you
- Turning to alcohol, drugs, or other substances to cope with anxiety

2. Stress

According to WHO 2023 “a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. However, excessive or chronic stress can negatively affect mental and physical health.’’

Common Stress symptoms are:

- Fluctuations in mood or emotions
- Sweaty or clammy hands
- Reduced interest in sexual activity
- Upset stomach or diarrhea
- Trouble falling or staying asleep
- Issues with digestion or gastrointestinal discomfort
- Lightheadedness or feeling faint
- Persistent feelings of worry or nervousness
- Getting sick more often than usual
- Clenching or grinding of teeth
- Recurring headaches or migraines
- Low levels of energy or fatigue
- Tightness in muscles, especially around the neck and shoulders
- Generalized physical discomfort or unexplained body pains
- Rapid or pounding heartbeat
- Uncontrollable shaking or trembling

3. Depression

WHO (1992) Depression is a common mental disorder, characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities. It is accompanied by an inability to carry out daily activities, for at least two weeks, and may include symptoms such as loss of energy, changes in appetite, sleeping more or less, anxiety, reduced concentration, indecisiveness, restlessness, feelings of worthlessness, guilt, or hopelessness, and thoughts of self-harm or suicide.

Common Depressive symptoms are:

- Difficulty concentrating or focusing
- Decreased self-worth or lack of self-assurance
- Thoughts of guilt or feeling undeserving
- A negative or hopeless outlook on the future

- Suicidal thoughts or actions, or a desire to self-harm
- Overwhelming feelings of despair
- Disruptions in sleep patterns and changes in eating habits

1.2.3 Santhal Tribe Youth

Santhal Tribe (ST) youth in East Singhbhum, Jharkhand, face distinct socio-cultural, economic, and psychological challenges that greatly influence their lives. With deep-rooted cultural identities and traditional practices, they often find themselves navigating the complexities of maintaining these values while adapting to the demands of contemporary society. Social norms, discrimination, and marginalization significantly affect their self-esteem and mental well-being (Jha, 2020). On the economic front, limited access to quality education, employment opportunities, and rural-to-urban migration introduce additional stressors, contributing to identity struggles. Psychologically, while Santhal youth benefit from strong community ties and familial support, they remain vulnerable to mental health challenges such as stress and anxiety (Choudhary & Singh, 2018). Social media acts as both a platform for cultural expression and a source of information, but it also exposes them to issues like cyberbullying, social comparison, and unrealistic societal standards (Roy & Sinha, 2021). Addressing these challenges necessitates the development of culturally informed educational policies, mental health interventions, and digital literacy programs tailored to the specific needs of Santhal youth in East Singhbhum.

1.3 Review of Literature

1.3.1 Review of Studies on Social Media Usage among Tribal Youth
1.3.2 Review of Studies on Social Media and Mental Issues

1.3.1 Review of Studies on Social Media Usage among Tribal Youth

Kapil et al (2023) conducted a study on the effects of social media on students in tribal areas of South India, focusing on its academic, social, and psychological impact. Using a descriptive survey method, data were collected from 200 secondary and higher secondary tribal students in Telangana through stratified random sampling. The findings highlighted both positive and negative effects: while social media provided access to educational resources and improved communication skills, excessive use led to distractions, stress, and lower academic performance. Gender and locality differences were noted, with male students using social media more

extensively and rural students facing challenges like poor internet connectivity. The study recommended digital literacy programs, parental monitoring, and workshops to promote balanced use of social media for education and personal growth.

Datta et al (2023) conducted a sociological study to examine the impact of social media on the young generation of the Rabha Tribe in West Bengal. The research aimed to explore how social media influences their social behavior, identity, and cultural values. Through a qualitative approach, data were collected using interviews and focus group discussions with young members of the Rabha tribe. The study highlighted that while social media has provided the youth with broader access to information, education, and new social connections, it also posed challenges to their traditional values and community practices. Several studies have shown that social media is a tool for cultural exchange, yet it has been linked to the erosion of traditional lifestyles and an increase in identity conflicts, especially in marginalized tribal communities (Das & Barman, 2020). Additionally, the study noted that the youth experience both positive and negative effects of social media, including increased awareness and global connectivity, but also a rise in mental health concerns like anxiety and social isolation (Choudhury & Ghosh, 2021). The findings indicated that social media is reshaping the social fabric of the Rabha tribe, with significant implications for community structure, identity, and social cohesion.

Panmei and Meshack (2023) conducted a study to assess social media usage patterns and their influence on the lives of tribal Naga women in North East India. Using a mixed-methods approach, the researchers collected data from 200 women across rural and urban areas in Nagaland through structured surveys and in-depth interviews. The study revealed that social media plays a dual role in the lives of tribal Naga women: it serves as a platform for cultural expression, networking, and access to educational opportunities, while also introducing challenges such as exposure to cyberbullying and the erosion of traditional values. Differences in social media usage patterns were observed based on age and locality, with younger women and urban residents showing higher engagement. The findings further highlighted the psychological impact of social media, with frequent users reporting increased stress, anxiety, and feelings of inadequacy due to social comparisons. The study concluded that while social media has created new avenues for empowerment and awareness among Naga women, it has also amplified the need for digital literacy programs and mental health interventions to mitigate its adverse effects.

Talukdar and Mete (2023) conducted a study to examine the impact of social media on the cultural practices of tribal communities in West Bengal. The research utilized a qualitative methodology, gathering data through interviews and focus group discussions with tribal members from various age groups. The findings revealed that social media serves as a platform for cultural exchange and dissemination, enabling tribal communities to showcase their traditions to a global audience. However, it also highlighted the adverse effects of social media, including the gradual erosion of traditional practices, language, and rituals due to the influence of mainstream cultural norms. The study noted generational differences, with younger tribal members adopting modern cultural practices influenced by social media, while older generations expressed concerns about the loss of cultural identity. The research concluded that social media acts as a double-edged sword, offering opportunities for cultural visibility and growth while simultaneously challenging the preservation of tribal heritage.

Singhmar (2023) explored the role of social media in empowering tribal communities by examining its influence on education, employment, and cultural preservation. Using a mixed-methods approach, the study gathered data from 300 tribal individuals across rural and semi-urban areas, employing surveys and interviews. The findings revealed that social media significantly contributes to raising awareness about government schemes, employment opportunities, and educational resources among tribal populations. Additionally, it serves as a platform for preserving and promoting tribal art, music, and traditions to a global audience. However, the study also identified challenges, including digital illiteracy, poor internet infrastructure in rural areas, and the risk of cultural dilution as tribal members increasingly adopt mainstream societal norms. Despite these challenges, the research highlighted that social media acts as a transformative tool, fostering self-reliance, socio-economic development, and greater representation of tribal voices in public discourse.

Sharma (2023) conducted a study to explore the influence of social media on the lives of tribal youth, focusing on its effects on education, social interactions, and mental health. Using a survey-based approach, data were collected from 250 tribal youth across rural and urban areas in Maharashtra. The findings revealed that social media significantly enhances access to educational resources and helps tribal youth connect with broader social networks, enabling them to stay informed about current events and career opportunities. However, the study also

highlighted challenges such as increased screen time leading to reduced academic focus, exposure to cyberbullying, and the risk of cultural disconnection as youth adopt modern trends over traditional practices. Additionally, excessive use of social media was associated with anxiety, stress, and feelings of isolation among the respondents. The study concluded that while social media provides tribal youth with opportunities for growth and empowerment, it also necessitates measures to promote responsible usage and digital well-being.

1.3.2 Review of Studies on Social Media and Mental Issues

Bhat (2017) conducted a study on social networking sites and mental health: A review. Thus, the study revealed that the prolonged use of social networking sites such as Facebook, Instagram and Twitter may be related to signs and symptoms of depression. The study also indicated that certain SNS activities are associated with lower levels of self-esteem and confidence, especially in children and adolescents.

Keles et al (2019) conducted a systematic review to examine the relationship between social media use and mental health issues, specifically depression, anxiety, and psychological distress, in adolescents. The review included studies from various regions and found consistent evidence linking heavy social media use with increased levels of depression, anxiety, and distress. The researchers identified four key factors influencing this relationship: time spent on social media, the nature of online activities, the emotional investment in social media interactions, and addictive behaviors. The review concluded that while social media has potential benefits, such as fostering social connections, its excessive use is a significant risk factor for mental health issues in adolescents. The authors recommended interventions aimed at reducing screen time and promoting healthier social media usage to mitigate these negative effects.

Schonning and Johnsen (2020) reviewed studies on social media use and its impact on adolescent mental health. They found that social media can have both positive and negative effects. While it fosters social connections and support, it also contributes to issues like cyberbullying, social comparison, and increased anxiety and depression. The review highlighted that the intensity of use and the type of content consumed are crucial factors. The authors suggested that balanced and mindful social media engagement is key to minimizing negative mental health outcomes.

Deepa & Priya (2020) studied on the impact of social media on mental health of students and revealed from their findings that there is a significant associations between time spent on social media and the number of SNS. There is a positive correlation between feeling anxious and serious active on SNS than in real life. Thus, the study further concluded that more usage of social media, number of SNS and too much of time spent on social networking sites is affecting the student's mental health such as depression and anxiety.

Shannon et al (2022) examined problematic social media use in adolescents and young adults and its association with symptoms of depression, anxiety and stress. Thus, the study provided further evidence of the association between problematic social media use and negative mental health among adolescents and young adults.

Nazari et al (2023) studied on social media and mental health in students: a cross- sectional study during the covid-19 pandemic. The objective of the study was connected with the aim of determining the relationship between the uses of social media and the mental health of the students. Consequently, the results indicated that social media had a direct relationship with mental health.

Onyeizu et al (2023) conducted a study to explore the impact of social media addiction on the mental health of undergraduates. The study used a survey method and a sample of 400 undergraduate students from various Nigerian universities. The findings revealed a significant relationship between excessive social media use and increased levels of stress, anxiety, and depression. The authors found that social media addiction contributed to disrupted sleep patterns, lower academic performance, and a sense of loneliness. While social media offered a platform for social connection and information, the study concluded that its overuse negatively affected students' emotional well-being. The researchers suggested interventions, including time management strategies and raising awareness about the mental health risks associated with social media addiction.

Fizi et al (2023) investigated the impact of social media use intensity and physical activity on adolescent mental health. Using a cross-sectional research design, the study involved a sample of 500 adolescents (250 males and 250 females) aged 12-18 years from several high schools in Yogyakarta, Indonesia. The participants completed questionnaires measuring social media use

intensity, physical activity levels, and mental health outcomes, such as anxiety, depression, and stress. The findings revealed that high levels of social media use, particularly when coupled with low physical activity, were linked to poor mental health outcomes. In contrast, adolescents who engaged in higher levels of physical activity exhibited better mental health, even with intense social media use. The authors concluded that physical activity could mitigate the negative psychological effects of social media, suggesting the need for a balanced lifestyle to improve adolescent well-being.

Behera et al (2024) conducted a study to explore the influence of social networking sites on mental health of the adolescents of three government secondary school of Koraput district, Odisha. In this study, an ex-post facto research method was employed. The stratified random sampling technology was employed to select the sample where total of 150 adolescent boys and girls from class -X (50 from each school) were purposively selected. The data was collected by administering a standardized tool based on mental health scale upon the students and the collected data was analyzed by using several statistical techniques like- Mean, SD and t-test. This, the findings showed that there was significant difference between the mental health conditions of social networking users and non-users. The findings also showed that there was also significant difference between social networking users' mental health in terms of gender and locality.

2.0 Problem to be investigated

The proposed research entitled **'Impact of Social Media on Mental Issues among Santhal Tribe Youth in East Singhbhum'** aims to examine the influence of various factors, including social media usage (High and Low), gender (Male and Female), and place of residence (Rural and Urban) on the mental issues (Anxiety, Stress and Depression) of Santhal Tribe youth.

3.0 Objectives of the Investigation and Motivation

Objectives of the proposed research are as follows:

1. To examine the levels of mental issues (Anxiety, Stress and Depression) among Santhal Tribe youth of East Singhbhum.

2. To examine the significant impact of social media usage (High and Low), gender (Male and Female), and place of residence (Urban and Rural) on the mental issues (Anxiety, Stress and Depression) of Santhal Tribe youth of East Singhbhum.
3. To explore the correlation between social media usage and mental issues (Anxiety, Stress and Depression) among Santhal Tribe youth in East Singhbhum.

3.1 Motivation for the Research

Social media has become an essential part of modern life, especially among youth, influencing their mental well-being. While it offers benefits like connectivity and cultural expression, excessive use has been linked to mental health issues such as anxiety, stress and depression. This concern is particularly relevant for Santhal Tribe youth in East Singhbhum, Jharkhand, who face unique socio-cultural challenges. Despite its growing impact, there is limited research on how social media affects the mental health of this group. This study aims to explore the relationship between social media use and mental health issues among Santhal youth, providing insights to inform culturally sensitive interventions and promote their well-being.

4.0 Research Hypotheses

The following hypotheses have been formulated for the present study:

1. The levels of Mental issues (Anxiety, Stress and Depression) will vary among Santhal Tribe youth of East Singhbhum.
2. There will be a significant impact of social media usage (High and Low), gender (Male and Female), and place of residence (Urban and Rural) on the Mental issues (Anxiety, Stress and Depression) of Santhal Tribe youth of East Singhbhum.
3. There will be a significant correlation between social media usage and Mental issues (Anxiety, Stress and Depression)

5.0 Research Design and Methodology

The Sample

The sample for the proposed study will consist of 240 Santhal Tribe youth selected using a purposive sampling technique from the East Singhbhum district of Jharkhand. The sample will be based on a 2 X 2 X 2 multi-factorial design, comprising 8 sub-groups. Each sub-group will include 30 participants, making a total of 240 individuals.

The factors of stratification are:

- Social Media Usage: 2 (High and Low)
- Gender: 2 (Male and Female)
- Place of Residence: 2 (Rural and Urban)

Table – 1

Sample Design

Social Media Usage / Gender		High		Low	
		Male	**Female**	**Male**	**Female**
Place of residence	**Urban**	**30**	**30**	**30**	**30**
	Rural	**30**	**30**	**30**	**30**
Subtotal		**60**	**60**	**60**	**60**
		120		**120**	
Total		**240**			

Variables

Independent Variables

1. Social Media Usage (High and Low)
2. Gender (Male and Female)
3. Place of Residence (Rural and Urban)

Dependent Variables

1. Anxiety
2. Stress
3. Depression

Control Variables

1. Santhal Tribe youth aged between 18 to 25 years
2. Residents of East Singhbhum district in Jharkhand
3. Active Social Media Users (more than 4 hours is high and less than 4 hours is low)

Inclusion Criteria

1. Regularly enrolled students from government U.G. colleges in East Singhbhum district, Jharkhand.
2. Santhal Tribe youth.
3. Youth aged between 18 to 25 years.
4. Active social media users.
5. Students from both urban and rural areas of East Singhbhum district.

Exclusion Criteria

1. Private students or students not enrolled in regular courses.
2. Students outside East Singhbhum district, Jharkhand.
3. Youth who are not active social media users.

6.0 Source of the Data and Tools to be used in the collection of data

6.1 Source of the Data

Source of the data collected from two major sources: first is primary data and second is secondary data. Primary data will be directly collected through standardized questionnaires measuring and personal data questionnaires and secondary sources of data like previous studies literature reviews, articles, books, newspapers, journals, etc.

6.2 Tools to be Used in the Collection of Data

The following tools will be used in the present study:

1. Personal Data Questionnaire (PDQ)
2. Sinha Anxiety Scale (SAS)
3. Perceived Stress Scale (PSS)
4. Beck Depression Inventory (BDI)

Tools Descriptions

1. **Personal Data Questionnaire (PDQ)**

This questionnaire will gather essential demographic information from participants, including age, gender, education level, social media usage, socio-economic status, tribal affiliation and place of residence.

2. **Sinha Anxiety Scale (SAS)**

The Sinha Anxiety Scale (SAS), developed by Sinha in 1961, is a widely used self-report questionnaire designed to measure anxiety levels in individuals aged 16 years and above. The scale consists of 100 items that assess cognitive, emotional, and behavioral aspects of anxiety, making it suitable for use in clinical, educational, and research settings. Respondents indicate their agreement with each statement, providing a quantitative measure of anxiety severity, which helps categorize individuals into low, moderate, or high anxiety levels. Renowned for its simplicity, the SAS can be completed within 15–20 minutes and is valued for its high reliability

and validity. It is commonly used to identify anxiety disorders, monitor treatment outcomes, and study anxiety-related phenomena in diverse populations.

3. Perceived Stress Scale (PSS)

The Perceived Stress Scale (PSS), developed by Cohen (1988), is one of the most widely used tools for assessing stress levels in individuals aged 18 years and above. It measures the degree to which individuals perceive situations in their lives as unpredictable, unmanageable, or overwhelming. The scale also includes questions about current stress levels to provide a comprehensive understanding of perceived stress. Designed for use with community samples having at least a high school education, the PSS is simple to administer and interpret, with response options that are easy to understand. The scale consists of general questions applicable to diverse populations, focusing on participants' thoughts and feelings over the past month. Responses for the four positively stated items (items 4, 5, 7, and 8) are reverse-scored (i.e., 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0), and the scores for all items are summed to calculate the total stress level. Additionally, a 4-item short form of the scale can be created using items 2, 4, 5, and 10 from the 10-item version, making it a versatile tool for assessing perceived stress in both research and clinical settings.

4. Beck Depression Inventory (BDI)

The Beck Depression Inventory (BDI), developed by Beck (1987), is a widely used 21-item self-report questionnaire designed to assess the severity of depressive symptoms in individuals aged 13 years and above. Originally introduced by Beck et al. in 1961, the BDI has undergone several updates, including the BDI-II version, which is extensively used in clinical practice and research (Steer, Rissmiller, & Beck, 2000). The inventory requires a reading comprehension level equivalent to fifth or sixth grade and can be completed in about 5 minutes. Each of its 21 items presents four statements reflecting varying levels of symptom severity, allowing individuals to select the statement that best describes their experience. Renowned for its reliability and validity, the BDI is widely used in both clinical and non-clinical settings to assess depression, anxiety, and suicidal tendencies, and it plays a crucial role in early diagnosis and monitoring treatment progress.

7.0 Analysis of Data

The following statistical technique will be used to analyze the data and examine the Hypotheses:

1. **Percentage** values will be calculated to assess levels of social media usage and mental issues outcomes across demographic variables.
2. **ANOVA**: To examine the impact of social media usage, gender, and place of residence on mental issues (Anxiety, Stress and Depression).
3. **t'test**: To identify significant differences in social media usage and mental issues outcomes based on gender and place of residence.
4. **Correlation Analysis**: To explore relationships between social media usage and mental issues indicators.
5. **Graphical Representation**: Visual presentation of results through graphs and charts.

8.0 Significance of the Study

Social media has become a crucial part of daily life, especially among youth, offering benefits but also posing significant risks to mental health. Excessive use can lead to issues such as anxiety, stress, depression, sleep disturbances, and strained relationships, with unique challenges for vulnerable groups like Scheduled Tribe youth. This study focuses on understanding the impact of social media on the mental issues of Santhal Tribe youth in East Singhbhum, Jharkhand, examining factors like social media usage (High and Low), gender and place of residence. The findings aim to raise awareness about the risks of excessive social media use, provide insights into its effects on mental well-being, and contribute to developing culturally relevant mental health interventions for this population.

9.0 It's relevance to the present-day problem and need of the society

The increasing use of social media has raised concerns about its impact on mental health, especially among Scheduled Tribe (Santhal) youth. Research is vital for understanding how social media affects stress, anxiety and depression and for identifying risk factors like excessive use and social isolation. It can raise awareness about the potential negative effects, promote healthier digital habits, and inform culturally relevant interventions. This study aims to address the challenges faced by tribal youth, contributing to strategies that improve mental health and mitigate the harmful effects of social media in society.

10.0 Contributions to the existing knowledge

This study will provide valuable insights into the impact of social media on the mental issues of Santhal Tribe youth in East Singhbhum Jharkhand, focusing on anxiety, stress and depression. It will enhance understanding of the unique challenges faced by this population and offer evidence to support targeted mental health interventions. The findings will be useful for mental health professionals, researchers, and policymakers in developing effective strategies for improving mental well-being among tribal youth.

11.0 Future work

This research opens opportunities for further exploration, such as studying the long-term effects of social media on the mental issues of tribal youth and examining how demographic factors influence this relationship. Future studies could also explore the role of emerging technologies in shaping social media use and its mental issues impact. Expanding the sample size or incorporating additional variables could provide deeper insights into these issues, building on this study to develop more effective interventions and strategies for improving mental well-being.

12.0 Tentative Chaptalization

There will be following five chapters in the research report of the proposed research:

Chapter 1: Introduction

Chapter 2: Review of Literature

Chapter 3: Methodology

Chapter 4: Analysis of Data

Chapter 5: Summary and Conclusion

References

Appendix

Note: *It is tentative structure of synopsis; minor modification may be made depending upon the nature of the data obtained*

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